



CLASS SCHEDULE

www.btt-texas.com

5345 GLEN RIDGE DR, SAN ANTONIO, TX 78229

(210) 248-9255

Our goal is to provide an environment where people of any background, experience & fitness level can learn and train in the combat sports that comprise Mixed Martial Arts—the core of which are: Brazilian Jiu Jitsu Gi and No Gi, Wrestling, Kickboxing, Boxing and MMA.

Our training caters to the full-spectrum needs of our student body: from those looking for realistic self-defense or effective competition training, to those who simply train for improved health, fitness, and fun.

We take pride in our relaxed atmosphere. It is safe and welcoming to beginners and experienced athletes alike. Again and again, the results speak for themselves.

MONDAY:

10:30am-12pm	BJJ
12pm-1pm	Open Mat
4pm-5:30pm	Open Mat
5:30pm-6:30pm	Kid's BJJ
6pm-6:30pm	Conditioning
6:45pm-7:45pm	Kickboxing
6:45pm-8:15pm	BJJ
8:30pm-10pm	BJJ No Gi

TUESDAY:

4pm-6:45pm	Open Mat
6pm-6:30pm	Conditioning
6:45pm-8:15pm	BJJ
7pm-8pm	Boxing
8:30pm-10pm	BJJ No Gi
9pm	MMA Sparring (Invite Only)

WEDNESDAY:

10:30am-12pm	BJJ
12pm-1pm	Open Mat
4pm-5:30pm	Open Mat
5:30pm-6:30pm	Kid's BJJ
6pm-6:30pm	Conditioning
6:45pm-7:45pm	Kickboxing
6:45pm-8:15pm	BJJ
8:30pm-10pm	BJJ No Gi

THURSDAY:

4pm-6:45pm	Open Mat
6pm-6:30pm	Conditioning
6:45pm-8:15pm	BJJ
7pm-8pm	Boxing
8:30pm-10pm	BJJ No Gi
9pm	MMA Sparring (Invite Only)

FRIDAY:

10:30am-12pm	BJJ
12pm-1pm	Open Mat
4pm-5:30pm	Open Mat
5:30pm-6:30pm	Kid's BJJ
6pm-6:30pm	Conditioning
6:45pm-7:45pm	Kickboxing
7pm-8:30pm	BJJ

SATURDAY:

3:30pm-5pm	MMA Sparring (Invite Only)
2pm-5pm	Open Mat

SUNDAY:

4pm-6pm	Periodic Competition Training
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FITNESS SCHEDULE

Monday-Friday 10:00am-10:00pm
 (Closed 1pm-4pm)
 Saturday 2pm-5pm